





What is the relationship between glycemic index or glycemic load and body weight and incidence of type 2 diabetes, cardiovascular disease, and cancer?

Introduction to the Review

This topic was considered by the 2005 DGAC, and similar to 2005, the review of glycemic index/load included the outcomes of body weight and incidence of type 2 diabetes (T2D), cardiovascular disease (CVD), and cancer. The Conclusions expressed in the 2010 DGAC Report are informed by the evidence compiled for the 2005 DGAC Report, but are based primarily on the NEL evidence gathered and reviewed since 2004. However, NEL reviews for T2D and CVD were extended to January 2000 because insufficient evidence was available to draw conclusions from publications since 2004. Systematic reviews and meta-analyses were excluded from the review on glycemic index/load because the Committee wanted to focus their review on primary research articles. The Committee excluded studies that only included participants diagnosed with chronic disease, hyperlipidemia, hypertension, and related health conditions.

Systematic Review Questions:

-  [What is the relationship between glycemic index or glycemic load and body weight? \(DGAC 2010\)](#)
-  [What is the relationship between glycemic index or glycemic load and cancer? \(DGAC 2010\)](#)
-  [What is the relationship between glycemic index or glycemic load and type 2 diabetes? \(DGAC 2010\)](#)
-  [What is the relationship between glycemic index or glycemic load and cardiovascular disease? \(DGAC 2010\)](#)